



SAN LUIS OBISPO COUNTY COMMISSION ON AGING

PO Box 8119 San Luis Obispo, CA 93403-8119
June 21, 2013

*Kathleen Bellefontaine, Chair
Member at Large*

*Maryanne Zarycka
District 1 Representative*

*Alice York, co-Vice Chair
District 2 Representative*

*Anita Shower, co-Vice Chair
District 3 Representative*

*Judy Mishoulam
District 4 Representative*

District 5 Representative

*Mike Suddarth
Area Agency on Aging,
Board of Directors*

*Elias Nimeh
Senior Nutrition Program*

*Deborah Bayles
Senior Service Provider*

*Marie Pounders
Member at Large*

*Diane Maiorano
Member at Large*

*Marilyn Hamilton
Member at Large*

*Jo Dennison
Member at Large*

*Carol Schmidt
Alternate Member at Large*

*Cindy Deibert
Alternate Member at Large*

*Myra Lathrop
Alternate Member at Large*

SLO County District Attorney

SLO County Mental Health

SLO County Social Services

San Luis Obispo County Board of Supervisors
County Government Center
San Luis Obispo, CA 93408

Dear Supervisors:

In accordance with the Bylaws of the SLO County Commission on Aging, Section 3 f, I hereby submit the annual report for the 2012-13 (July-June) year and Goals and Priority Issues for 2013-14.

The Commission meets every third Friday of the month (except in December) at the Veteran's Building, 801 Grand Avenue in San Luis Obispo. Our liaison and Department of Social Services Director, Lee Collins, has provided SLOCOA with a Representative from Adult Services who attends COA meetings and keeps members updated on DSS ability to meet the needs of the most vulnerable. Additionally, DSS administrative support electronically transmits COA affairs to the Supervisor's office, updates the SLOCOA website, and provides copy support when needed.

Our Commissioners serve and represent senior groups throughout the County. In addition to the Supervisors' appointees, we have representatives from local agencies such as the Area Agency on Aging, District Attorney's Office Victim Witness Program, County Mental Health and Senior Nutrition. Our members at large are Senior advocates informed about a variety of senior concerns including, but not limited to, housing matters, delivery of affordable medical and social services, senior centers, volunteerism, senior mental health, scams and ID theft. Our members serve without pay for travel and time.

SLOCOA Goals

Progress in achieving two major COA goals in 2012-2013:

1) Continue to collect information from Seniors about their concerns and their solutions through:
MEDIA: The SLOCOA website is updated monthly with meeting agendas and minutes. Data is kept current regarding membership and annual reports. Our SLOCOA rack card is reviewed and revised on a regular basis. Tribune posts SLOCOA presentations and meetings in the Senior Section. The Speaker's Bureau is growing in recognition and expanding its range of topics.
SENIOR CENTERS: Supervisor Representatives have a continued presence in their local Centers and monthly notice of SLOCOA presentations are electronically mailed to most Senior Centers Countywide. District 1's Representative, Maryanne Zarycka, offers a "COA Corner" discussion group at the Paso Senior Center after SLOCOA monthly meetings, keeping Paso seniors informed!
COMMUNITY AGENCIES: Regular attendance by the Chair or alternate at the Adult Services Policy Council meetings; assisted the Area Agency on Aging with their 2013 Needs Assessment outreach to the community; partnered with Central Coast Assistive Tech Center and Independent Living Resource Center in hearing advocacy presentations to community groups.

2) Continue to provide relevant and timely information to the Board of Supervisors through:
SLOCOA website that publishes our agendas, minutes, and annual report; communication between Appointees and their Supervisors; sharing our input on legislative issues important to seniors and informing Supervisor Gibson about the need to enhance the quality of hearing at our meetings, which led to the installment of a new public address system in the Vet's Hall.
See Attachment A—GOALS.

SLOCOA Priority Issues

2012-2013 issues followed by Commissioners were 1) senior isolation and depression 2) affordable senior housing options; 3) senior health care options; 4) transportation options; 5) senior mental & physical fitness; 6) senior resources to make up for budget cuts. **See Attachment A —PRIORITIES** for details about how these issues were addressed throughout the year.

SLOCOA Chair's Summary

SLOCOA presentations have provided a wealth of cutting edge information to our members and the public. A panel of knowledgeable community experts on Hoarding presented in depth information about challenges to the individual suffering from this illness and its impact on those around them. The County Planning Department gave a detailed report about the affordable housing plans in the pipeline for 2013 and 2014. After this presentation, members decided to advocate for SB 391. Written reports from reputable sources i.e. Kaiser Foundation and the Health Insurance Counseling and Advocacy Program (HICAP) are provided to members electronically to update us on Medicare and the affordable Care Act.

I hope that **Attachment A-priorities**, which lists, in detail, the ways that SLOCOA has informed members and the public about significant priority senior needs will be helpful in understanding one of the purposes that SLOCOA tries to fulfill, which is to disseminate relevant information to seniors.

SLOCOA's top priority concern this year has been Senior Isolation and Depression. Hearing loss has been proven to be a risk factor for these unhealthy outcomes and the Commission continues to discourage the path to isolation that poor communication can lead to. We are forging ahead as we work to get the word out about making SLO a Hearing Friendly Community. We thank the Health Commission for their recent invitation to speak about this issue. We thank the Board of Supervisors for making available hearing assistive devices for usage at meetings in the Government meeting room.

Requests for Speakers through our Speaker's Bureau have increased this year. This helps SLOCOA to inform the public about senior services and concerns and to increase the input we need to obtain from the community.

We are thankful for our members. They have chosen to give of their time to provide a platform for seniors to voice their concerns in addition to the time that they donate to many other causes. SLOCOA continues to work on eliciting more feedback from seniors about their needs and we will continue to provide the platform for this opportunity.



Part One includes this 2012-13 summary and the Attachments provided to help clarify our activities in the past fiscal year. **Part two** includes the 2013-14 projected goals and priority issues for the next fiscal year and attachments to clarify aspects of the decision making process. Please feel free to offer any suggestions or requests that would facilitate our communication with the Board.

Sincerely,

Kathleen Bellefontaine, Chairperson
SLO County Commission on Aging

cc: DSS